

ECA Beach Invitational
Hosted by East Carolina Aquatics
Friday, May 20- Sunday, May 22, 2022
Held at The Sports Center
701 N. 35th Street, Morehead City, NC

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC22094

MEET DIRECTOR	MEET ENTRY COORDINATOR
Casey Charles (252)341-1044 ecacoachcasey@gmail.com	Casey Charles 103 Prince Charles Court Winterville, NC 28590 (252)341-1044
MEET REFEREE	MEET MARSHAL
Bob Landry roblandry@suddenlink.net	Doug Parker ecacoachdoug@gmail.com

CONDITION OF SANCTION

As a condition of this sanction, East Carolina Aquatics agrees to comply with and to enforce all COVID-19 health and safety mandates and guidelines of USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions in effect at the time of the meet. Further, the meet will be conducted in accordance with individual facility requirements as detailed in the East Carolina Aquatics Meet Plan below. Meets conducted in violation of these requirements and safety plans are subject to having the sanction revoked and will not be issued sanctions for future meets during the COVID-19 sanctioning period.

ASSUMPTION OF RISK DISCLAIMER

The East Carolina Aquatics has taken enhanced health and safety measures for athletes, coaches, officials, spectators, and others participating in this meet. You must follow all safety instructions in the following meet sanction. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. Senior citizens and those with underlying medical conditions are especially vulnerable. By attending this meet, you assume all risks related to exposure to COVID-19.

COVID-19 RELEASE

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD

HARMLESS USA SWIMMING, NORTH CAROLINA SWIMMING, AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

East Carolina Aquatics COVID-19 MEET PLAN

NCS FACE COVERING STATEMENT

NCS recommends the proper use of face coverings at all NCS activities and expects all participants, coaches, officials, volunteers, and spectators to comply with all club and facility specific COVID-19 safety requirements and guidelines from USA Swimming, North Carolina Swimming, the State of North Carolina, and local jurisdictions.

LOCAL PROTOCOLS

- THERE ARE NO FACE COVERING OR SOCIAL DISTANCING REQUIREMENTS.
- Due to the fact that this is an outdoor meet, there are no additional local protocols
- Meet capacity will be based on the fire code of the facility.
- Number of timers – 1 TIMER PER LANE – Each timer will utilize a stopwatch and plunger button. Primary is automatic system with touchpads.
- Restroom facilities in the Port-a-pottys (outside of the fence) are for parents, coaches, *and volunteers* only. Locker room restrooms on pool deck are for swimmers only and cannot be used for changing or showering.

LOCKER ROOMS/ CHANGING

Locker rooms are for restroom use and changing into racing suits. Showers are unavailable. Deck changing is prohibited.

SPECTATOR LIMITATIONS and PROTOCOLS

Spectators/Parents are allowed at this meet. and are expected to comply with all mandated state/local/facility COVID-19 guidelines.

FACILITY

The Sportscenter of Morehead City - The Sports Center, 701 N. 35th Street, Morehead City, NC - The outdoor facility has an 8-lane 50-meter non-turbulent competition pool with 2 lanes available for continuous warm-up/warm-down. Pool depth is 4’ at both ends. A Colorado 6 Automatic Timing System with touch pads will be used. There will be one timer in each lane operating both watch and a plunger. A digital scoreboard will also be in use. The competition course has been certified in accordance with 104.2.2C(4). A copy of such certification is on file with USA.

Please NOTE: Meet Management retains the right to change any and all session times (warm-up and Start times) if agreed to by a coaching representative from each invited team.

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Wednesday, May 11	11:59 PM EST	Entry deadline
Fri-Sat-Sun, May 20-22	30 minutes prior to session	Official Briefings
TBD	TBD	Coaches/General Meeting (ZOOM)
Fri-Sat-Sun, May 20-22	15 minutes prior to session	Timer Briefing

RULES

This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional, and exceptions are stated.

**TECHNICAL SUIT BAN
for 12&Us**

Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet.

A Technical Suit is one that has the following components:

- Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or
- Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.

MAAPP

All applicable adults participating in or associated with the meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Protection Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

SAFE SPORT

The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in work out rooms, storage rooms, meeting rooms, or control rooms. No glass containers or bottles are allowed inside the facility at any time. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. We strongly recommend each team assign a marshal to monitor warm-up sessions and locker rooms in addition to host team marshal.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the starting blocks. Flash photography of any kind is prohibited at the start of a race.

Deck changes are prohibited.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of a backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement. It is also the responsibility of the swimmer or the swimmer’s guardian to request assignment from the Meet Director to a USA Swimming member coach attending the meet if a coach from the swimmer’s team is unable to attend.

Unless approved in writing in advance of the competition by the Program and Events Committee Chair or designee, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

Only swimmers, properly certified officials and coaches, and meet volunteers will be allowed on deck. No spectators will be allowed on deck at any time.

ELIGIBILITY All swimmers must be registered with USA Swimming, Inc. All Adult Athletes must hold current APT certification to compete. Swimmers must be registered prior to entry deadline. Entries listed as “Registration Applied For” will not be accepted. **There will be no on deck registration available at this meet.**

MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS ECA welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Members who are unable to wear face coverings because of a documented medical condition must notify the Meet Director in advance and may have limited deck access. Failure to provide advance notice may limit ECA’s ability to accommodate all requests.

ENTRIES All entries must be submitted electronically.

ENTRY LIMITATIONS Swimmers may enter up to 3 events per session.

ENTRY VERIFICATION An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

ENTRY DEADLINES **The Meet Entry Coordinator must receive entries by the date and time listed in the Deadline and Meeting Summary. Late entries may be accepted at the discretion of the Meet Referee. There will be no on deck entries.**

ENTRY FEES – Note ALL swimmers/coaches/parents will have access to a digital heat sheet which is included in the fees below.

Individual Entries: \$6.00 per event
Relay Entries: \$12.00 per event
Facility Surcharge: \$15.00 per athlete
NCS/Travel Fund Surcharge: \$3.00 per athlete

SEEDING The conforming time standard for this meet is LONG COURSE METERS. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All non-conforming times will be seeded last in rank order

NTs will not be accepted for any event. Coaches are asked to estimate swimmer’s times who have not competed in the event LCM.

The 1500 Freestyle will be limited to the top 16 boys and top 16 girls entered. Meet management reserves the right to swim combined heats.

CHECK-IN	All events will be pre-seeded except for the 1500 FR which will be positive check-in (by 10 AM on Saturday). The Check-in process will be handled electronically – email ecacoachdoug@gmail.com
SCRATCHES	There is no penalty for scratches.
SCORING	No Scoring
AWARDS	No Awards
RESULTS	Results will be posted on ECA’s website within 24 hours of the meet’s conclusion. At the conclusion of the meet, teams may obtain Hy-tek backups either on a memory stick or via email attachment.
COACHES	All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of such by prominently displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. There will be a coach/general meeting at the date and time listed in the Deadline and Meeting Summary. Other meetings may be held at the meet referee’s discretion. Meet Management requests that at least one coach representative from each team attend all coaches’ meetings.
OFFICIALS/TIMERS/ VOLUNTEERS	There will be a need for officials. ECA welcomes and encourages anyone willing to volunteer. Volunteering Officials MUST contact the Meet Referee by email prior to the meet . All officials on deck must be registered and certified with USA Swimming. Certification will be verified by Meet Referee the day before the meet / session. There will be no officials meeting at the meet, and assignments will be communicated electronically prior to each session. A virtual meeting may be held prior to the meet / session at the referee’s discretion, and all assigned officials are strongly encouraged to complete and individual personal review of applicable USAS rules for their assigned position prior to the meet. Officials should report to their assigned position 10 minutes before session start, and bring a mask, your personal water bottle, a writing utensil, and a headset (if applicable).
HOSPITALITY/ CONCESSIONS	There will be light hospitality with boxed meals for all coaches, only. There will not be concessions for this meet. Refreshments will be available in a cooler by the computer station.
WARM-UP	In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshall will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries. During the competition, there will be lanes available for continuous warm-up/down (if available). There is to be no diving or horseplay in this area.

WAIVER/RELEASE

As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. ECA, SPORTCENTER OF MOREHEAD CITY, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

IMAGE RELEASE

All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or NCS website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.

Session #1 – Friday PM

Warm-ups: 330 PM, Meet Starts: 415 PM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	Open 400 IM	2
3	Open 200 Breaststroke	4
5	Open 100 Breaststroke	6
7	Open 400 Freestyle	8

Session #2 – Saturday AM – Open Timed Finals

Warm-ups: 730 AM, Meet Starts: 830 AM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
9	Open 200 Freestyle	10
11	Open 50 Breaststroke	12
13	Open 100 Breaststroke	14
15	Open 100 Backstroke	16
17	Open 100 Butterfly	18
19	Open 200 Butterfly	20
21	Open 50 Freestyle	22
23	Open 200 Medley Relay	24

Session #3 – Sunday AM – Open Timed Finals

Warm-ups: 730 AM, Meet Starts: 830 AM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
25	Open 100 Freestyle	26
27	Open 50 Backstroke	28
29	Open 200 Backstroke	30
31	Open 50 Butterfly	32
33	Open 100 Butterfly	34
35	Open 200 IM	36
37	Open 200 Freestyle Relay	38

Session #4 – Sunday Distance – Open Timed Finals

Warm-ups: At the conclusion of Session 3, Meet Starts: 15-mins later

39	Open 1500 Freestyle	40
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